

Troubleshooting: System Running Slow – Simple Fixes

Presented by Arun sir | IT Computer
Studies

Why Does a System Slow Down?

- Too many background programs
- Low disk space
- Malware or viruses
- Startup programs overload
- Outdated hardware or drivers

Fix #1 – Check Task Manager

- Shortcut: Ctrl + Shift + Esc
- Look for high CPU, Memory, or Disk usage
- End unnecessary tasks (Right-click → End Task)

Fix #2 – Disable Startup Programs

- Open Task Manager → Startup tab
- Disable unnecessary apps (e.g., Spotify, Zoom, etc.)

Fix #3 – Perform Disk Cleanup

- Open 'Disk Cleanup' from Start Menu
- Select drive and delete temp files, Recycle Bin data, etc.
- Helps free up disk space!

Fix #4 – Uninstall Unused Programs

- Control Panel → Programs → Uninstall a program
- Remove unused or heavy software
- Make sure it's not system-related software.

Fix #5 – Scan for Malware/Viruses

- Use Windows Defender or antivirus software
- Run a Full Scan
- Keep definitions updated

Fix #6 – Restart or Shut Down Regularly

- Restart helps clean up background processes
- Don't always keep the system on 'Sleep'
- Fresh start = Faster performance!

Bonus Tips

- Keep OS and drivers updated
- Use SSD instead of HDD
- Increase RAM if possible
- Little upgrades = Big difference!

Activity Time!

- Jo Abhi Padha Uska ek Fun Quiz hoga.
- All students, take out your phones.
- Google Pai Search Karna hai
- “IT Computer Studies Deoria”
- Saturday Fun Quiz
- If you break the rules, you will be disqualified from the game.